

At Samaritan, we counsel with compassion and listen without judgment. We are skilled, caring professionals who foster hope, healing, and personal growth. We help you become whole again—*mentally, relationally, and spiritually.*

What Is Happening to Me?

Are you feeling overwhelmed, anxious, or depressed to the extent that your life has become unmanageable?

You may be experiencing critical life changes, grief and loss, a mood or eating disorder, an abusive relationship, or the effects of past unresolved trauma. These and other emotional hardships can draw you into a dark state of pain and hopelessness.



Do you nurture and care for everyone but yourself?

Women often neglect their own well-being for the sake of their children and families, burning themselves out at work or through caregiving for elderly/ill relatives. Inevitably, they feel like their lives are spinning out of control with no hope or relief in sight.

Women of all ages are twice as likely as men to suffer from anxiety and depression.

In the United States . . .

- One in four females is sexually abused by the time she is 18.
- Nearly five million women annually experience physical violence and rape by intimate partners
- Women face many forms of discrimination and sexual harassment in the workplace, on college campuses, and other areas within society.



These and many other factors often have a devastating impact on women's mental and emotional health. Yet, hundreds of women each year overcome the damage they've suffered and are living healthy, fulfilling lives thanks to counseling at Samaritan.

How Does Counseling Help?

Counseling:

- Helps you to understand and explore the root causes of your distress.
- Teaches you the skills you need to manage your emotional health and practice self-care.
- Empowers you to move beyond your present situation and effect positive change in your life.

You and your therapist will work together to focus on what's most important to you. You will identify and set treatment goals and learn skills to achieve them. While progressing through counseling, you will begin to feel better as you heal, regain stability, and put the healthy practices you have learned to use.

“I found peace, comfort, and acceptance. Everyone has issues, but my issue no longer defines who I am.”

Mindy, former client

At Samaritan, you can express your faith beliefs and ask your therapist to integrate them into your counseling sessions. Your therapist will make them an integral part of your clinical care without attempting to impose his/her own beliefs or other religious doctrines. *(Continued on back.)*



What If I Don't Have Insurance?

Samaritan is committed to providing you with the care you need by making counseling affordable. We help subsidize the counseling fees of those in need through our Samaritan Cares program.

How Can I Get Help?

Call us at **888.200.9746** to begin the intake process. If you get voicemail, please leave us a message and your call will be returned as soon as possible.

There's no need to suffer in silence. Samaritan is here to help. Please visit us online at **samaritancounseling.net** to learn more.



Important to Know

- Our therapists are state-licensed.
- We accept most major insurances.
- We serve clients from multiple offices in Western Pennsylvania in addition to offering teletherapy statewide.

Main:
202 Beaver St., 3rd Fl.,
Sewickley, PA 15143

888-200-9746
samaritancounseling.net



SAMARITAN

Counseling • Guidance • Consulting

Women's Counseling

If you silently suffer from emotional, relational, or spiritual pain, we offer compassionate care that helps you to heal, gives you hope, and allows you to change.



Offering Hope and Healing